

Disability Etiquette

Be “PRO ADA”

For more information, visit <http://doa.alaska.gov/ada/>

Use “**Person**” first language. (e.g., “person with. . .”
Remember you label jars not people)

Respect individual differences. Do not assume a person’s disability. Each person’s situation is unique.

Avoid using **Outdated** terms, like “handicapped,” “confined,” or “mental retardation.”

Focus on **Abilities** and independence

Speak **Directly** to the person and not to his or her companion or interpreter.

When in doubt, **Ask** the person about proper etiquette whether he or she want help – and how to help.

In other words, **People** deserve **Respect**, not **Outdated** attitudes. **Ask** the person **Directly** about his or her **Ability** and if/how you can help.